

# Wellness and Advocacy Center Group Schedule

2245 Challenger Way, Ste. 104, Santa Rosa, CA  
(707)565-7800

## Monday

9:00-9:30 *Nature TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Anxiety Support*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Career Development*  
1:15-2:00 *Friendship Group*  
2:15-3:00 *SMART Recovery*  
2:15-3:30 *Wellness Bingo*

## Tuesday

9:00-9:30 *Retro TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Moving Forward*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Mindfulness Matters*  
12:15-1:00 *Visions & Voices*  
1:15-2:00 *Transitions*  
2:15-3:00 *Peer Support*  
2:15-3:30 *Games, Art & More*

## Wednesday

12:00-1:00 *Music Jam*  
1:00-1:15 *Wellness Announcements*  
1:15-2:00 *Fun With Words*  
2:15-3:00 *Stepping Stones*  
2:15-3:30 *Games, Art & More*

## Thursday

9:00-9:30 *Retro TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Successful Living*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Health & Wellness Group*  
1:15-2:00 *Walking Thru Depression*  
2:15-3:30 *Games, Art & More*

## Friday

9:00-9:30 *Nature TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Exploring Emotions*  
12:00-12:15 *Wellness Announcements*  
12:15-2:00 *Open Mic*  
2:15-3:30 *Games, Art & More*

***The center will be closed for the following holidays: January 1st for New Years Day and January 15th for Martin Luther King Day***

***Creative Expression (art project's) on the 1st & 3rd Thursday of every month from 1:30-3pm, Sign-up in advance or call ahead to add your name to the list***

**JANUARY 2024**



WELLNESS • RECOVERY • RESILIENCE



# **Group Descriptions**

## **AM Support/Wellness Announcements**

Come by early to hear about our schedule for the day, community announcements, and have an opportunity to check in as we gather together at the center.

## **Connection & Coffee**

Come join us for coffee, chat and make new connections with your peers!

## **Anxiety Support**

A group to process, collaborate, and support each other with an emphasis on tools used to reduce anxiety.

## **Career Development**

This group will help you to gain support and knowledge if you are seeking to improve your resume or get back to work.

## **Friendship Group**

A group that enables us all to be welcome. Bring your experiences and your ideas for relationships within our community.

## **SMART Recovery**

"Self Management and Recovery Training" helps those seeking recovery to choose what works best for them. It uses tools based on methods for a variety of addictions.

## **Wellness Bingo**

Join us for Bingo games in the main room and have a chance to win a small prize!

## **Moving Forward**

This group focuses on learning the tools needed to go forward without dwelling on your past. Group members share what has helped them move forward.

## **Mindfulness Matters**

Join us as we practice mindfulness through meditation, observation, describing, and participating in our thoughts so that we can live intentionally with awareness in the present moment.

## **Visions & Voices**

A peer support group for those of us who experience things others may label as "hallucinations". We can talk to each other, ask questions and find out we are not alone in a safe, supportive environment.

**\*For everyone's emotional safety, please speak with the facilitator beforehand.**

## **Transitions**

We all encounter many transitions throughout our lives. This group is here to help people alleviate stress and learn coping skills to assist with these transitions.

## **Peer Support**

This group provides a safe and supportive place for members to share their struggles and successes!

## **Games, Art & More**

Come and enjoy games in our main room! We have many games to choose from. Please bring your ideas for other games you would like to play. The art area is always open if you enjoy the process of social creativity!

## **Music Jam**

Bring your instrument, your voice, or just your listening ears and enjoy music with various staff and members.

## **Fun With Words**

Come have a blast choosing a phrase, person, tourist attraction etc. for others to guess. Test your knowledge and challenge yourself and your peers.

## **Stepping Stones**

Stepping Stones has a strong focus on personal development. This group provides an opportunity for individuals to consider their personal skills/qualities and set goals to actualize their potential.

## **Successful Living**

This group explores issues surrounding successful living, including physical changes, health care, nutrition, social networks, relationships, attitudes, and mental health challenges.

## **Health and Wellness Group**

No group description yet. Need to add

## **Walking Thru Depression**

A support group for peers who have struggled with depression. We are able to find acceptance and experience self-discovery alongside others who have experienced the same.

## **Exploring Emotions**

Let's explore emotions by taking a mindful look at them like a passing rain cloud or the shining sun. Learn how to express them in ways that will help you understand others, overcome challenges, and improve your communication skills.

## **Open Mic**

Share your creativity with the community. Whether you sing, play an instrument, read poetry or perform your own stand-up comedy; This is your time to have fun and shine! All are welcome—participants and listeners!